

 54%
HEALTH SCORE

Garlic Pepper Steak



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic crushed peeled
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 2 pounds round steak thick

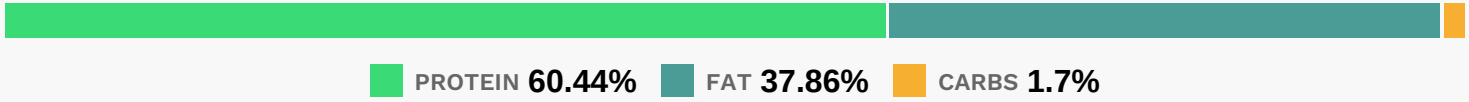
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐
- Preheat an outdoor grill for high heat and lightly oil grate.
- ☐
- In a small bowl, mix together olive oil, garlic and pepper. Score steak and rub with the olive oil mixture.
- ☐
- Place steak on the prepared grill. Cook 20 minutes, or to desired doneness, turning once.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:17.706521805862%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 236.3kcal (11.82%), Fat: 9.6g (14.77%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.02g (0.02%), Cholesterol: 95.25mg (31.75%), Sodium: 86.6mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.47g (68.95%), Selenium: 43.43µg (62.05%), Vitamin B3: 10.45mg (52.26%), Vitamin B6: 1.02mg (51.11%), Vitamin B12: 2.86µg (47.63%), Zinc: 6.51mg (43.4%), Phosphorus: 338.77mg (33.88%), Iron: 3.33mg (18.51%), Potassium: 549.54mg (15.7%), Vitamin B2: 0.25mg (14.67%), Vitamin B5: 1.04mg (10.41%), Magnesium: 39.76mg (9.94%), Vitamin B1: 0.15mg (9.78%), Copper: 0.17mg (8.45%), Manganese: 0.17mg (8.27%), Vitamin E: 0.8mg (5.34%), Folate: 19.86µg (4.96%), Vitamin K: 4.87µg (4.64%), Calcium: 36.5mg (3.65%), Fiber: 0.27g (1.1%), Vitamin D: 0.15µg (1.01%)